

**Healthy Hunger Free Kids Act
School Lunch Meal Pattern**

Fruit

	K-5	6-8	9-12
Daily	0.5 cup	0.5 cup	1 cup
Weekly	2.5 cups	2.5 cups	5 cups

One quarter cup dried = one-half cup
Fresh, dried, frozen: no added sugar
Canned: juice/light syrup
100 percent juice only

Milk

K-5	6-8	9-12
1 cup per day	1 cup per day	1 cup per day

Plain or Lactose Reduced/Free:
One Percent or Fat Free
Flavored Regular or Lactose
Reduced/Free: Fat Free only

Vegetables

	K-5	6-8	9-12
Daily	0.75 cup	0.75 cup	1 cup
Weekly	3.75 cups	3.75 cups	5 cups
Weekly Subgroup Requirements:			
	K-5	6-8	9-12
Dark Green	0.5 cup	0.5 cup	0.5 cup
Red/Orange	0.75 cup	0.75 cup	1.25 cups
Beans/Peas	0.5 cup	0.5 cup	0.5 cup
Starchy	0.5 cup	0.5 cup	0.5 cup
Other*	0.5 cup	0.5 cup	0.75 cup
Additional to reach weekly total	1 cup	1 cup	1.5 cups

One cup uncooked leafy greens = one-half cup vegetable
*Other = must come from other, dark green, red/orange or beans/peas subgroups

Meat or Meat

Alternate

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-10	9-10	10-12

Amounts are listed in ounce equivalents.
Daily/weekly minimums must be met. Weekly maximums must not be exceeded.

Grains

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-9	8-10	10-12

Amounts are listed in ounce equivalents. At least half the grains offered must be whole grain rich, with all grains whole grain rich by July 1, 2014. Daily /weekly minimums must be met. Weekly maximums must not be exceeded.